

Regular Session, 2009

## HOUSE CONCURRENT RESOLUTION NO. 46

BY REPRESENTATIVE WILLMOTT

ATHLETICS: Requests the governing authority of each public and state-approved nonpublic high school to collect statistical data relative to all injuries and to incorporate certain exercises into athletic training programs as necessary

## 1 A CONCURRENT RESOLUTION

To urge and request the governing authority of each public and state-approved nonpublic high school to collect statistical data relative to students' anterior cruciate ligament (ACL) injuries, with an emphasis on noncontact ACL injuries, and incorporate exercises from the Prevent Injury and Enhance Performance program (PEP) into athletic training programs as the governing authority deems necessary.

7       WHEREAS, the Prevent Injury and Enhance Performance program, known as PEP,  
8       may help to reduce the risk for anterior cruciate ligament (ACL) injuries; and

9           WHEREAS, ACL injuries are serious knee injuries that can leave student athletes  
10   on the bench for extended periods of time and sideline their future athletic careers; and

WHEREAS, research has shown that the rates of noncontact ACL injuries are much higher in female athletes, and PEP exercises have been shown to significantly reduce such injury rates; and

14 WHEREAS, PEP exercises address potential deficits in the strength and coordination  
15 of the stabilizing muscles around the knee joint; and

16 WHEREAS, PEP is designed to help athletes prevent noncontact ACL injuries  
17 without a significant investment in equipment or time; and

18 WHEREAS, in the effort to reduce ACL injury rates and protect the health and safety  
19 of Louisiana's students, it is vital that statistical data relative to students' ACL injuries be  
20 collected and that this PEP series of stretching, strengthening, flexibility, and balance

1 exercises be incorporated into athletic training programs at Louisiana's high schools as  
2 necessary.

3 THEREFORE, BE IT RESOLVED that the Legislature of Louisiana does hereby  
4 urge and request the governing authority of each public and state-approved nonpublic high  
5 school to collect statistical data relative to students' anterior cruciate ligament (ACL)  
6 injuries, with an emphasis on noncontact ACL injuries, and incorporate exercises from the  
7 Prevent Injury and Enhance Performance program into athletic training programs as the  
8 governing authority deems necessary.

9 BE IT FURTHER RESOLVED that such data shall include but not be limited to the  
10 date of the injury, the age and gender of the injured athlete, whether the injury occurred as  
11 the result of knee contact (contact injury) or no knee contact (noncontact injury), and the  
12 type of sport played when the injury occurred.

13 BE IT FURTHER RESOLVED that copies of this Resolution be transmitted to the  
14 state superintendent of education and to the chair of the Nonpublic School Commission.

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#### DIGEST

The digest printed below was prepared by House Legislative Services. It constitutes no part of the legislative instrument. The keyword, one-liner, abstract, and digest do not constitute part of the law or proof or indicia of legislative intent. [R.S. 1:13(B) and 24:177(E)]

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Willmott

HCR No. 46

Requests the governing authority of each public and state-approved nonpublic high school to collect statistical data relative to students' anterior cruciate ligament (ACL) injuries, with an emphasis on noncontact ACL injuries, and to incorporate exercises from the Prevent Injury and Enhance Performance program (PEP) into athletic training programs as the governing authority deems necessary.

#### Summary of Amendments Adopted by House

Committee Amendments Proposed by House Committee on Education to the original resolution.

1. Requests school governing authorities to collect data relative to students' anterior cruciate ligament (ACL) injuries, with an emphasis on noncontact ACL injuries.
2. Limits request specifically to high school governing authorities.
3. Removes request for governing authorities to include PEP program exercises in P.E. classes.